The 7-Day Energy Reset Guide

Break Free from the 3 PM Crash Without Extreme Diets or Punishing Workouts

For Women Over 30 Who Are Done Feeling Exhausted

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Welcome to Your Energy Reset

Let me guess: It's 3 PM, and you're staring at your computer screen, desperately wishing you could crawl under your desk for a nap. You've already had two (or three) cups of coffee, but somehow you're still dragging. Sound familiar?

Here's what I want you to know: You're not lazy. You're not broken. And you're definitely not alone.

The 3 PM energy crash isn't a character flaw—it's biology. And after 30, your body's hormonal landscape shifts in ways that make traditional "just push through it" advice completely useless.

Why This Guide Exists

I created this guide because I was tired of seeing women like you—smart, capable, ambitious—blame themselves for something that's actually a hormonal and metabolic issue. The truth is, the advice that worked in your 20s doesn't work anymore. Your body has different needs now, and it's time to honor them.

What Makes This Different

This isn't another "drink more water and get more sleep" guide. This is a science-backed, hormone-friendly system designed specifically for women over 30 who are juggling real life—work, family, responsibilities, and everything in between.

We're not going to tell you to wake up at 5 AM, do an hour of cardio, or give up carbs forever. Instead, we're going to work with your body's natural rhythms, not against them.

What to Expect Over the Next 7 Days

Each day, you'll learn one key strategy to reclaim your energy. These aren't complicated protocols or time-consuming routines. They're simple, sustainable habits that actually fit into your real life.

- Day 1: Understand why your energy crashes (spoiler: it's not your fault)
- Day 2: Build a hormone-friendly morning routine in just 15 minutes
- Day 3: Master strategic eating for sustained energy
- Day 4: Discover movement that energizes instead of exhausts
- Day 5: Learn stress management techniques in 10 minutes or less
- Day 6: Optimize your sleep without overhauling your entire life
- Day 7: Build your personalized, sustainable energy system

The Promise

By the end of these 7 days, you'll have a clear, actionable system for maintaining steady energy throughout your day. No more 3 PM crashes. No more relying on caffeine and willpower. Just sustainable strategies that work with your body, not against it.

"This isn't about perfection. It's about progress. And you're already taking the first step."

Ready? Let's reset your energy together.

- Gift Moralo



Understanding Your Energy Crisis

Why 3 PM Crashes Happen (And Why It's Not Your Fault)

Before we fix the problem, we need to understand it. And here's the truth that nobody talks about: your afternoon energy crash is a biological response, not a personal failing.

The Science Behind Your Slump

Three major factors conspire to drain your energy after 30:

1. Cortisol Patterns

Cortisol (your "stress hormone") should be highest in the morning and gradually decline throughout the day. But chronic stress, poor sleep, and hormonal changes after 30 can flatten this curve. When cortisol drops too quickly in the afternoon, you crash.

2. Blood Sugar Rollercoaster

If you skip breakfast, eat a carb-heavy lunch, or go too long between meals, your blood sugar spikes and crashes. That 3 PM slump? It's your blood sugar hitting rock bottom.

3. Hormonal Fluctuations

After 30, estrogen and progesterone levels start to shift. These hormones affect everything from your metabolism to your sleep quality to your stress response. When they're out of balance, your energy suffers.

The 3 Biggest Energy Mistakes Women Over 30 Make

- **1. Skipping breakfast or eating too little in the morning:** This sets you up for blood sugar crashes later in the day.
- **2.** Relying on caffeine to power through: Caffeine masks fatigue but doesn't address the root cause. Plus, it can disrupt your cortisol rhythm and sleep.
- **3. Pushing through with willpower:** Your body is sending you a signal. Ignoring it only makes the problem worse.

The Mindset Shift You Need

"You're not lazy—your body is literally working against you after 3 PM."

Once you understand that your energy crash is a biological issue, not a character flaw, everything changes. You stop blaming yourself and start supporting your body.

Today's Action Step: Track Your Energy

Set a timer to go off every 2 hours today. When it rings, rate your energy level on a scale of 1-10 and jot down what you ate, how you slept, and how stressed you feel.

Why it matters: Awareness is the first step to change. You can't fix what you don't measure.

Pro Tip:

Don't judge yourself based on what you discover today. This is data collection, not a performance review. Be curious, not critical.



The Hormone-Friendly Morning Routine

[Image: A woman in light pink pajamas stands smiling by a large window, holding a mug]

Why Mornings Set Up Your Entire Day's Energy

Here's a secret that changed everything for me: your morning routine determines your afternoon energy.

The first 60-90 minutes after you wake up are critical for setting your cortisol rhythm, stabilizing your blood sugar, and priming your metabolism. Get this right, and the 3 PM crash becomes a thing of the past.

The 3 Non-Negotiables

You don't need a complicated morning routine. You just need these three things:

1. Light Exposure (5 minutes)

Within 30 minutes of waking, get outside or sit by a bright window. Natural light signals your body to produce cortisol (which wakes you up) and sets your circadian rhythm for better sleep tonight.

Why it works: Light exposure regulates your internal clock, improves mood, and supports healthy cortisol patterns.

2. Protein-Rich Breakfast (5 minutes)

Aim for 20-30 grams of protein within an hour of waking. This stabilizes blood sugar, reduces cravings, and keeps you full until lunch.

Quick options: Greek yogurt with nuts, scrambled eggs, protein smoothie, cottage cheese with berries.

3. Gentle Movement (5 minutes)

You don't need a full workout. Just 5 minutes of movement—stretching, walking, or a few bodyweight exercises—boosts circulation, wakes up your muscles, and improves focus.

Your 15-Minute Morning Routine

Time	Activity	Why It Matters	
0-5 min	Morning sunlight or bright light exposure	Regulates cortisol and circadian rhythm	
5-10 min	Protein-rich breakfast	Stabilizes blood sugar for the day	
10-15 min	Gentle movement (stretching, walking, or 5 exercises)	Boosts metabolism and mental clarity	

Common Obstacles & Solutions

"I'm not a morning person."

You don't have to be. This routine works even if you're groggy. The light exposure actually helps you wake up naturally.

"I don't have time."

This takes 15 minutes. You can skip social media scrolling or hit snooze one less time. Your energy is worth it.

"I'm not hungry in the morning."

Start small. Even a protein shake or a handful of nuts is better than nothing. Your appetite will adjust.

Today's Action Step: Implement the 15-Minute Routine

Tomorrow morning, set your alarm 15 minutes earlier and follow the routine: light, protein, movement. Notice how you feel at 3 PM.

Pro Tip:

Prep your breakfast the night before. Hard-boil eggs, portion out Greek yogurt, or prep a smoothie bag. Remove the friction.

DAY 3

Strategic Eating for Sustained Energy

[Image: A top-down shot of a healthy meal on a light blue plate with grilled salmon, avocado, roasted vegetables, and guinoa]

The Truth About Energy and Food

Let's clear something up: your energy crash isn't about eating too much or too little. It's about eating the wrong things at the wrong times.

After 30, your metabolism changes. Your body becomes more sensitive to blood sugar swings, and hormonal shifts make it harder to maintain steady energy. The solution? Strategic eating that works with your biology.

The 3 PM Crash Culprit: Blood Sugar Rollercoaster

Here's what's happening: You eat a carb-heavy lunch (pasta, sandwich, rice bowl). Your blood sugar spikes. Your body releases insulin to bring it down. Two hours later, your blood sugar crashes—and so do you.

The fix? Balance your meals to keep blood sugar steady all day long.

The Energy-Boosting Eating Framework

The 4 Rules for Sustained Energy

- **1. Protein at every meal (20-30g minimum):** Protein stabilizes blood sugar, keeps you full, and supports muscle maintenance.
- **2. Healthy fats for sustained energy:** Avocado, nuts, olive oil, and fatty fish provide long-lasting fuel without blood sugar spikes.
- **3. Complex carbs, not simple sugars:** Choose whole grains, sweet potatoes, and legumes over white bread, pastries, and sugary snacks.
- **4. Eat every 3-4 hours:** Don't skip meals. Going too long without eating tanks your blood sugar and energy.

Sample Meal Plan for One Day

Breakfast (7 AM): Greek yogurt (20g protein) with berries, almonds, and a drizzle of honey

Mid-Morning Snack (10 AM): Apple slices with almond butter

Lunch (1 PM): Grilled chicken salad with mixed greens, avocado, chickpeas, olive oil dressing, and a small portion of quinoa

3 PM Snack (The Game-Changer): Hard-boiled eggs with cucumber slices and hummus OR protein smoothie with spinach, banana, protein powder, and nut butter

Dinner (6 PM): Baked salmon with roasted sweet potatoes and steamed broccoli

The 3 PM Snack That Actually Works

This is your secret weapon. A strategic snack at 2:30-3 PM prevents the crash before it happens.

The formula: Protein + Healthy Fat + Fiber

Examples:

- Hard-boiled eggs + avocado + cherry tomatoes
- Greek yogurt + walnuts + berries
- Turkey roll-ups with cheese and bell pepper strips
- Protein smoothie with spinach, banana, and almond butter
- Cottage cheese + cucumber + pumpkin seeds

Today's Action Step: Plan Tomorrow's Meals

Write out your meals for tomorrow using the energy-boosting framework. Make sure each meal has protein, healthy fat, and complex carbs. Prep your 3 PM snack tonight.

Pro Tip:

Keep emergency snacks in your bag, car, and desk drawer. Think: protein bars, nuts, jerky, or nut butter packets. Never let yourself get too hungry.



Movement That Energizes (Not Exhausts)

[Image: A woman in athletic wear performing a plank exercise on a yoga mat in a brightly lit room]

Why Intense Workouts Can Backfire After 30

Here's something nobody tells you: more exercise isn't always better, especially after 30.

Intense workouts spike cortisol. If your cortisol is already elevated from stress, lack of sleep, or hormonal changes, adding more high-intensity exercise can actually drain your energy instead of boosting it.

The Energy Paradox

Movement gives you energy—but overdoing it drains you. The key is finding the sweet spot: enough to boost circulation and mood, but not so much that you're exhausted.

The Ideal Movement Formula for Women 30+

Your Weekly Movement Blueprint

- Daily: 10-15 minutes of gentle movement (walking, stretching, yoga)
- 3x per week: Strength training (20-30 minutes, bodyweight or light weights)
- 2x per week: Low-impact cardio (walking, swimming, cycling)
- 2x per week: Rest or active recovery (gentle stretching, leisurely walk)

The rule: **Consistency over intensity.** It's better to do 15 minutes daily than to burn out with 90-minute workouts you can't sustain.

3 Energizing Workouts You Can Do at Home

1. 10-Minute Morning Energizer

Do this right after your morning routine to boost metabolism and mental clarity.

- 20 bodyweight squats
- 10 push-ups (modify on knees if needed)
- 20 alternating lunges
- 30-second plank
- 20 glute bridges
- Repeat 2x

2. Midday Movement Break (Desk-Friendly)

Perfect for 2:30 PM when you feel the slump coming. Takes 5 minutes.

- Neck rolls (10 each direction)
- Shoulder shrugs (20 reps)
- Seated spinal twist (hold 30 seconds each side)
- Standing quad stretch (30 seconds each leg)
- Walk up and down stairs or around the block (3 minutes)

3. Evening Wind-Down Walk

After dinner, take a 15-20 minute walk. This aids digestion, reduces stress, and improves sleep quality.

Today's Action Step: Choose One Workout and Do It

Pick one of the three workouts above and complete it today. Notice how you feel afterward—energized or exhausted? Adjust intensity as needed.

Permission Slip:

Rest days are productive days. Your body needs 48-72 hours to recover between intense sessions. Don't feel guilty for taking a day off.

DAY 5

Stress Management in 10 Minutes or Less

[Image: A woman meditating in a living room with candles, sitting cross-legged on a rug]

The Stress-Energy Connection

Let's talk about the elephant in the room: **chronic stress is the silent energy killer.**

When you're stressed, your body produces cortisol. A little cortisol is good—it helps you wake up and handle challenges. But chronic stress keeps cortisol elevated all day, which leads to:

- Blood sugar imbalances
- Poor sleep quality
- Increased inflammation
- Hormonal disruption
- And yes, afternoon energy crashes

Why Women Over 30 Are Especially Vulnerable

After 30, you're likely juggling more responsibilities than ever: career, family, aging parents, financial pressures. Add hormonal shifts to the mix, and your stress response becomes more sensitive.

The good news? You don't need hours of meditation or a spa day to manage stress. You just need 10 minutes and the right technique.

5 Science-Backed Stress Relief Techniques (Under 10 Minutes Each)

1. Box Breathing (4 minutes)

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 4 minutes.

When to use: Morning anxiety, before a stressful meeting, or when you feel overwhelmed.

2. Progressive Muscle Relaxation (8 minutes)

Tense each muscle group for 5 seconds, then release. Start with your toes and work up to your face.

When to use: Before bed or when you're physically tense.

3. 5-Minute Brain Dump Journaling

Set a timer for 5 minutes and write everything on your mind. Don't edit, just dump it all on paper.

When to use: When your mind is racing or you feel mentally cluttered.

4. Gratitude Practice (2 minutes)

Write down 3 things you're grateful for. Be specific. "I'm grateful for my morning coffee" is better than "I'm grateful for my life."

When to use: First thing in the morning or before bed.

5. Nature Exposure or Window Gazing (5 minutes)

Step outside or sit by a window and just observe. Notice the sky, trees, birds, or clouds. No phone.

When to use: Midday slump or when you've been indoors too long.

The Compound Effect

"Small daily stress management = massive energy gains over time."

You don't need to do all five techniques every day. Just pick one or two that resonate with you and make them non-negotiable.

Today's Action Step: Try 2 Techniques

Choose two stress relief techniques from the list above. Try one in the morning and one in the afternoon. Note which one feels most effective for you.

Pro Tip:

Schedule your stress management like you schedule meetings. Put it in your calendar. Treat it as non-negotiable self-care, not a luxury.

DAY 6

Sleep Optimization for Busy Women

[Image: A cozy bedroom scene with a bed made with light blue and white bedding, several pillows, and warm lighting]

The Sleep-Energy Cycle

Here's the brutal truth: poor sleep guarantees afternoon crashes.

When you don't sleep well, your body produces more ghrelin (hunger hormone) and less leptin (fullness hormone). You crave sugar and carbs. Your cortisol rhythm gets disrupted. Your blood sugar regulation suffers. And by 3 PM, you're a zombie.

Why Sleep Gets Harder After 30

Hormonal shifts (especially declining progesterone) make it harder to fall asleep and stay asleep. Add stress, responsibilities, and screen time, and you've got a recipe for insomnia.

But here's the good news: you don't need to overhaul your entire life to sleep better. You just need a few strategic tweaks.

The 3-Hour Wind-Down Protocol

3 Hours Before Bed: Last Caffeine Cutoff

Caffeine has a half-life of 5-6 hours. If you drink coffee at 3 PM, half of it is still in your system at 9 PM. Cut off caffeine by 2 PM for better sleep.

2 Hours Before Bed: Dim Lights, Reduce Screen Time

Blue light from screens suppresses melatonin (your sleep hormone). Dim the lights, switch to warm lighting, and put your phone on night mode. Better yet, put it away entirely.

1 Hour Before Bed: Relaxing Ritual

Choose one calming activity: warm bath, reading (not on a screen), gentle stretching, or journaling. This signals your body that it's time to wind down.

Sleep Environment Optimization

Temperature: Keep your bedroom cool (65-68°F). Your body temperature needs to drop to fall asleep.

Darkness: Use blackout curtains or an eye mask. Even small amounts of light can disrupt sleep.

Noise: Use earplugs, a white noise machine, or a fan to block disruptive sounds.

Comfort: Invest in a supportive pillow and comfortable bedding. You spend a third of your life in bed —make it count.

What to Do If You Can't Fall Asleep

Cognitive Shuffle: Think of random, unrelated words (apple, cloud, shoe, tree). This distracts your brain from anxious thoughts.

4-7-8 Breathing: Inhale for 4 counts, hold for 7, exhale for 8. Repeat 4 times. This activates your parasympathetic nervous system.

Get Out of Bed: If you've been lying awake for 20+ minutes, get up and do something calming (read, stretch) until you feel sleepy again.

Today's Action Step: Implement One Wind-Down Strategy

Tonight, choose one element of the 3-hour wind-down protocol and implement it. Start with the easiest one (e.g. dimming lights 2 hours before bed).

Reality Check:

You won't be perfect every night. Aim for 5-6 good nights per week. Progress, not perfection.

DAY 7

Building Your Sustainable Energy System

[Image: A woman with dark hair, wearing a light green t-shirt, is seated at a desk, writing in a notebook]

Recap: What You've Learned in 6 Days

Let's take a moment to celebrate how far you've come. Over the past 6 days, you've learned:

- Why your energy crashes (and why it's not your fault)
- How to build a hormone-friendly morning routine in 15 minutes
- Strategic eating for sustained energy
- · Movement that energizes instead of exhausts
- Stress management in 10 minutes or less
- Sleep optimization without overhauling your life

That's a lot of information. But here's the truth: knowing isn't enough. You need a system.

The Truth About Lasting Change

"Systems beat motivation every time."

Motivation fades. Life gets busy. Stress happens. But a good system keeps you on track even when you don't feel like it.

How to Build Your Personalized Energy System

Step 1: Choose Your Top 3 Strategies

You can't do everything at once. Look back at the past 6 days and identify the 3 strategies that made the biggest difference for you.

Examples:

- 15-minute morning routine
- 3 PM protein snack
- Evening wind-down protocol

Step 2: Schedule Them Into Your Calendar

Make them non-negotiable. Treat them like important meetings. Set reminders. Block the time.

Step 3: Build in Accountability

Tell a friend, partner, or coach about your commitment. Share your progress. Accountability makes you 65% more likely to stick with a habit.

Step 4: Plan for Obstacles

What will you do when life gets crazy? When you travel? When you're sick? Have a backup plan.

Example: "If I can't do my full morning routine, I'll at least get 5 minutes of sunlight and eat a protein bar."

The 80/20 Rule

You don't need to be perfect. You just need to be consistent 80% of the time.

That means:

- 5-6 good days per week (not 7)
- Most meals balanced (not every single one)
- Regular movement (not flawless execution)

Give yourself grace. Life happens. What matters is getting back on track, not being perfect.

Today's Action Step: Write Your 30-Day Energy Plan

Answer these questions:

- 1. What are my top 3 energy strategies from this guide?
- 2. When will I do them each day? (Be specific: time and location)
- 3. Who will hold me accountable?
- 4. What's my backup plan when life gets busy?

Write it down. Put it somewhere visible. Review it weekly.

What's Next: Maintaining Momentum Beyond 7 Days

The real transformation starts now. You've built the foundation. Now it's time to make it a lifestyle.

Week 2-4: Focus on consistency. Stick to your top 3 strategies. Don't add anything new yet.

Month 2: Once your top 3 are automatic, add one more strategy from the guide.

Month 3+: Fine-tune based on what's working. Adjust as your life changes.

Remember: You're not broken. You just needed the right system. And now you have it.



Congratulations—you've completed the 7-Day Energy Reset! Take a moment to celebrate this accomplishment. You showed up for yourself, and that's huge.

The Real Transformation Starts Now

These 7 days were just the beginning. The strategies you've learned aren't quick fixes—they're sustainable habits that will serve you for years to come.

But here's the thing: knowledge without action is just information. The real magic happens when you take what you've learned and make it part of your daily life.

Remember This

"You're not broken. You just needed the right system. And now you have it."

Your 3 PM energy crash wasn't a character flaw. It was a biological response to hormonal changes, blood sugar imbalances, and stress. Now that you understand the root cause, you have the power to fix it.

What to Do Next

Keep going. Stick to your top 3 strategies for the next 30 days. Track your progress. Notice how you feel. Adjust as needed.

And if you want more support, I'm here for you.

Ready to Go Deeper?

The 7-Day Energy Reset is just the beginning. If you're ready for a complete transformation, check out my **90-Day Fitness Plan** designed specifically for women over 30.

You'll get:

- Hormone-friendly workout schedules
- Energy-boosting meal templates
- Stress management protocols
- Weekly accountability and support

Learn more at giftmoralo.com

Let's Stay Connected

I'd love to hear about your progress! Email me at **giftmoraloauthor@gmail.com** and let me know how the 7-Day Energy Reset worked for you.

You deserve to feel energized, vibrant, and alive. And it's absolutely possible.

Here's to your energy,

— Gift Moralo

Hormonal Energy Coach for Women Over 30

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Bonus: 7-Day Quick Reference Checklist

Print this page and put it on your fridge or desk. Check off each action as you complete it!

Day 1: Understanding Your Energy Crisis

- ☐ Track energy levels every 2 hours
- \bullet \square Note what you ate, how you slept, and stress levels
- ☐ Identify your personal energy patterns

Day 2: Hormone-Friendly Morning Routine

- □ Get 5 minutes of morning sunlight
- □ Eat 20-30g protein within 1 hour of waking
- ☐ Do 5 minutes of gentle movement

Day 3: Strategic Eating for Sustained Energy

- ☐ Include protein at every meal (20-30g)
- □ Add healthy fats to each meal
- ☐ Eat every 3-4 hours
- □ Have a strategic 3 PM snack (protein + fat + fiber)

Day 4: Movement That Energizes

- □ Do 10-15 minutes of daily movement
- ☐ Try one of the 3 energizing workouts
- □ Take an evening wind-down walk

Day 5: Stress Management

- ☐ Try 2 stress relief techniques
- Practice box breathing or gratitude journaling
- □ Schedule stress management into your calendar

	Day 6: Sleep Optimization
	• □ Cut off caffeine by 2 PM
	• □ Dim lights 2 hours before bed
	• □ Implement a 1-hour wind-down ritual
	 □ Optimize sleep environment (cool, dark, quiet)
С	Day 7: Build Your Sustainable System
	• □ Choose your top 3 energy strategies
	ullet Schedule them into your calendar
	ullet Set up accountability (partner, friend, coach)
	• □ Write your 30-day energy plan
ı	
ı	Your Top 3 Energy Strategies (Write Them Here):
	1.

Bonus: Energy-Boosting Recipes

Simple, delicious recipes that stabilize blood sugar and keep you energized all day.

1. Power-Up Protein Smoothie

Prep time: 5 minutes | Protein: 30g

Ingredients:

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1/2 banana
- 1 cup spinach
- 1 tbsp almond butter
- 1/2 cup frozen berries
- Ice cubes

Instructions: Blend all ingredients until smooth. Drink immediately.

Why it works: Balanced protein, healthy fats, and fiber keep blood sugar steady for hours.

2. 3 PM Energy Balls (No-Bake)

Prep time: 10 minutes | Makes: 12 balls

Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/3 cup honey
- 1/4 cup ground flaxseed
- 1/4 cup dark chocolate chips
- 1 tsp vanilla extract

Instructions: Mix all ingredients in a bowl. Roll into 12 balls. Refrigerate for 30 minutes. Store in fridge for up to 1 week.

Why it works: Perfect protein + fat + fiber combo for sustained energy.

3. Quick Veggie & Egg Scramble

Prep time: 10 minutes | Protein: 25g

Ingredients:

- 3 eggs
- 1 cup spinach
- 1/2 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste

Instructions: Heat olive oil in a pan. Add tomatoes and spinach, cook 2 minutes. Add beaten eggs, scramble until cooked. Top with avocado.

Why it works: High-protein breakfast that stabilizes blood sugar all morning.

4. Mediterranean Chickpea Salad

Prep time: 15 minutes | Protein: 20g

Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, diced
- 1/4 cup feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt, pepper, and oregano to taste

Instructions: Combine all ingredients in a bowl. Toss well. Serve immediately or refrigerate for up to 3 days.

Why it works: Balanced lunch that prevents the 3 PM crash.

5. Golden Milk Latte (Caffeine-Free)

Prep time: 5 minutes | **Perfect for:** Evening wind-down

Ingredients:

- 1 cup unsweetened almond milk
- 1 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/4 tsp ginger powder
- 1 tsp honey
- Pinch of black pepper (enhances turmeric absorption)

Instructions: Heat almond milk in a small pot. Whisk in spices and honey. Simmer for 2 minutes. Pour into a mug and enjoy.

Why it works: Anti-inflammatory, calming, and supports better sleep.

Bonus: Printable Energy Tracker

Use this tracker to monitor your energy levels, meals, movement, and sleep for the next 30 days. Awareness is the first step to lasting change!

Date	Morning Energy (1-10)	3 PM Energy (1-10)	Breakfast (Y/ N)	3 PM Snack (Y/N)	Movement (Y/ N)	Sleep Quality (1-10)
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Weekly Reflection Questions
What worked well this week?
What was challenging?
What will I adjust next week?
How do I feel compared to last week?



Tracking Tip:

Don't aim for perfection. Aim for progress. If you hit 5-6 good days per week, you're winning.

You've got this!

For more support, visit **giftmoralo.com** or email **giftmoraloauthor@gmail.com**

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